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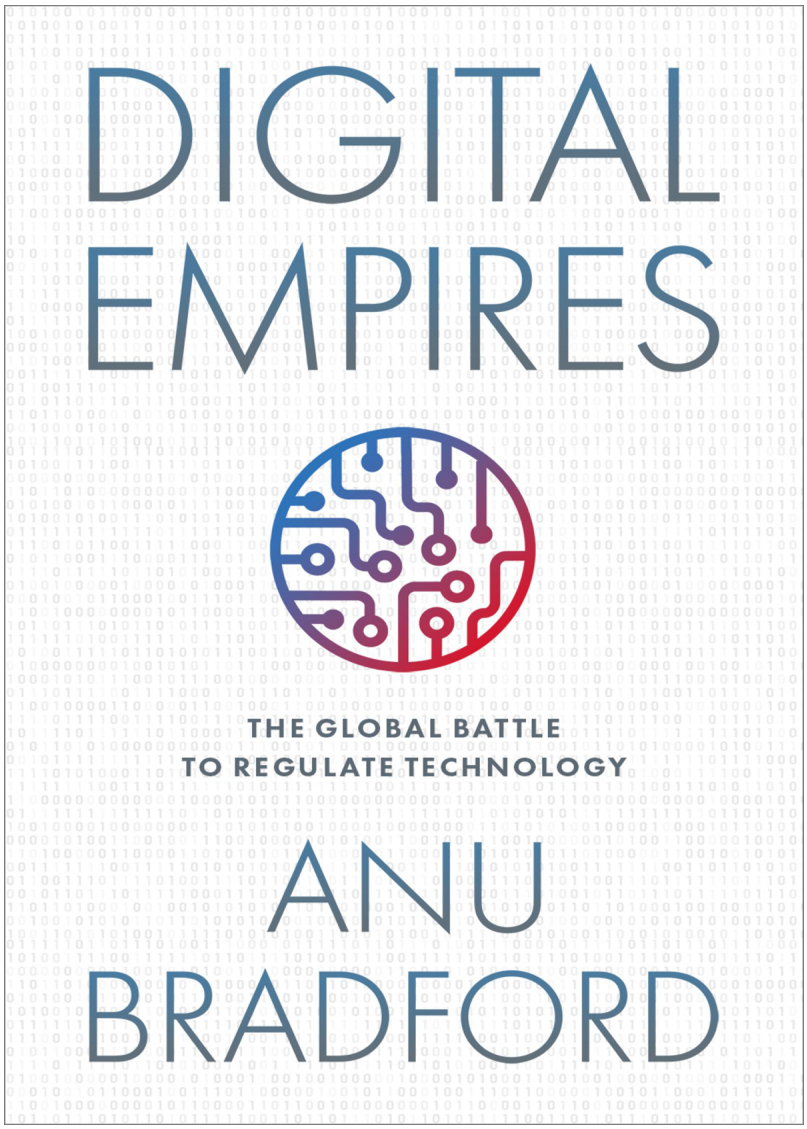

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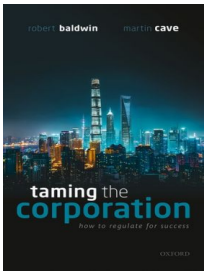

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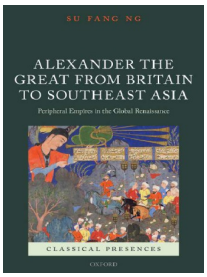
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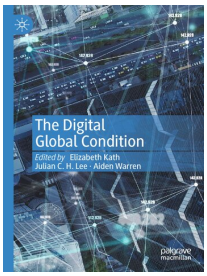

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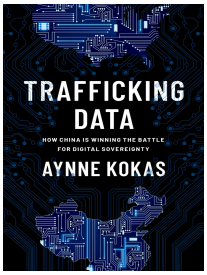

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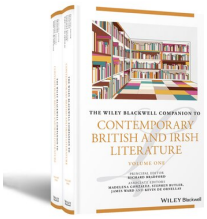

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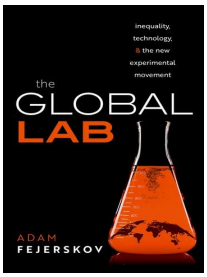

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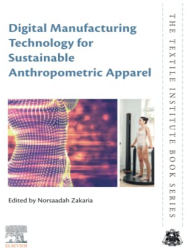
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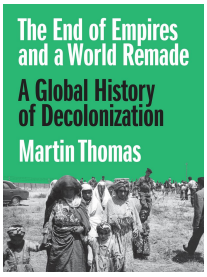

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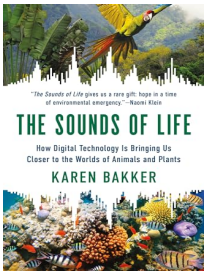

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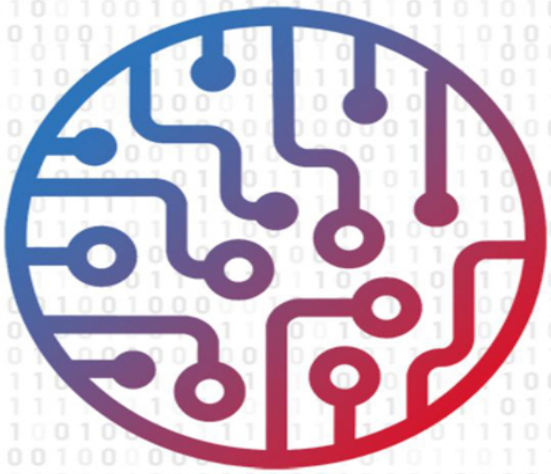

THE GLOBAL BATTLE
TO REGULATE TECHNOLOGY

ANU BRADFORD

Digital Empires

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The Global Battle to Regulate Technology

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For Oliver, Sylvia, and Vivian

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Introduction

WHEN THE INTERNET became widely commercialized in the 1990s, it arrived with the promise of freedom: freedom for individuals to access information, exercise their voices, engage in debates, and shape societies. Early internet pioneers saw online platforms as the guardians and amplifiers of those freedoms, enhancing democracy by providing an inclusive platform for promoting diverse voices around the world. Today, this techno-optimist promise of an enhanced human experience has, at least in part, been realized: the internet has indeed democratized access to content and vastly expanded individuals' ability to receive, create, and disseminate all kinds of data, fundamentally transforming human beings' relationship with both information and with each other. This enhanced access to information and conversations has redefined the very fabric of human experience and undoubtedly generated immeasurable benefits for individuals and societies. And as the internet evolves in the years ahead, it will almost certainly continue to deliver significant new benefits in ways individuals and societies cannot yet even imagine.

Alongside these many benefits, however, the internet has also altered societies and individual lives to their detriment. While the internet has cultivated human connections and civic engagement, it has also been a channel for exposing vast segments of society to different forms of harmful content. Internet sites often serve as platforms for disinformation, bullying, hatred, and repulsive content, undermining the safety and dignity of individuals while dividing societies and destabilizing democracies. Algorithms designed to tailor online content to each user's preferences have fueled polarization

and fragmentation, cultivating more extremist ideas and further eroding societal cohesion.[1] Instead of only increasing freedom, enhancing democracy, and nurturing an egalitarian and inclusive communitarian culture, the internet has also been used repeatedly to diminish these values, creating an ecosystem in which surveillance capitalism can thrive and societal divides deepen.[2]

Mitigating the individual and societal harms that arise from the internet is just one piece of the broader governance challenge facing regulators of today's digital economy. Digital transformation has ushered in an exceedingly concentrated economy where a few powerful companies control vast economic wealth and political power, restricting competition and widening the gap between winners and losers in the digital economy. The five largest tech companies—Amazon, Apple, Google, Meta, and Microsoft—collectively recorded over $1 trillion in revenue in 2020, while earning an income of $197 billion and having a market capitalization of $7.5 trillion by the end of 2020.[3] In 2021, the combined market capitalization of Apple, Alphabet, Meta, and Amazon exceeded the value of the over 2,000 companies listed on the Tokyo Stock Exchange; Apple and Meta together were worth more than the one hundred companies with the highest market cap listed on the London Stock Exchange; and Amazon alone eclipsed the entire German DAX Index, which represents around 80 percent of the market cap of companies publicly listed in Germany.[4] No doubt these tech companies would not have grown this big without developing products and services that consumers around the world value. But the law has also been on their side. For example, weak antitrust enforcement has amplified these companies' growth, allowing them to amass even more power through a staggering number of acquisitions. Over the past three decades, Amazon, Apple, Google, Meta, and Microsoft combined have acquired 770 startups.[5] According to Apple's CEO Tim Cook, Apple alone has acquired approximately one company every three to four weeks for the past six years.[6] Looking at this recent history, the power of these companies seems to only be growing stronger and more

concentrated as the industry matures, with few obvious limits to how that power is deployed.

There are several reasons to be concerned about this concentration of economic, political, and cultural power in a few large tech companies.[7] First, this handful of companies controls a large proportion of the sector's wealth, allowing them to buy any competitor that threatens their market power. Second, their economic power buys them political influence that can be deployed to lobby for favorable regulation to further entrench that power. Third, these same companies increasingly control public discourse by moderating content on platforms where societal conversations, including political speech, take place. This allows them to exercise power over online infrastructures for democracy and public discourse. Fourth, these companies control much of the personal data that every user generates on a daily basis, which they have every incentive to extract for economic gain. These stores of data vest them with power over individual users. The cumulative effect of these different dimensions of power is to make these companies central to modern economic, political, and social life. The power vested in these companies is so vast that it increasingly competes with the power exercised by nation states, a phenomenon that has raised significant concerns among governments around the world.

Because of this accumulation of power, decisions by tech companies on how to wield their influence are becoming more consequential and controversial, opening up important questions about how societies and individual lives are being shaped by this multifaceted power. For example, when tech companies moderate content on their platforms, they face significant challenges in seeking to curtail harmful speech without suppressing free speech. To be sure, these companies err constantly in their efforts to achieve this balance—both in failing to restrict harmful speech in some cases and in censoring speech that has public value in others. Despite their efforts to take down detrimental content, major platforms such as Facebook, YouTube, and Twitter overflow with content that is hateful, dangerous, and often illegal. Perhaps most disturbingly, the

platforms still host terrorist propaganda and abhorrent violence all too frequently. For example, in 2019, a perpetrator who carried out a hate-motivated massacre of fifty people in a mosque in Christchurch, New Zealand, livestreamed his killings on Facebook.[8] This tragedy received a large number of views on Facebook and various other online platforms, where the footage was replayed while the companies struggled to take down the various copies of the video appearing online. On the other hand, there are numerous examples where platforms' content removal efforts have been overzealous. In 2011, YouTube removed a video of a thirteen-year-old boy killed in the war in Syria in accordance with its policy prohibiting display of "dead bodies."[9] The image of the boy's dead body was shocking. But the image was meant to shock. The video was posted to awaken the international community to the horrors of the unfolding war, with the hope of galvanizing a global condemnation of the repressive Syrian regime. But as these examples reveal, drawing lines between permissible and impermissible speech in ways that are socially acceptable is exceedingly difficult. Yet, despite the delicate nature of content moderation, many government regulators have largely abdicated these types of decisions to the platforms themselves.

In addition to the flawed outcomes from content moderation, the methods used in content moderation can be disconcerting as well. For example, alongside their reliance on algorithms, all platforms use human moderators that deploy so-called community guidelines to decide what content stays up and what is removed. But as revealed by the German newspaper *Sueddeutsche Zeitung* in a 2018 story,[10] there is a massive human toll borne by these moderators who work on the frontlines "cleaning" the internet. In return for meager pay and few employment protections, content moderators are exposed to a constant stream of graphic violence and cruelty. The story reported that a single Facebook moderator in Germany, for instance, was expected to handle 1,300 reports a day.[11] A 2014 article published in *Wired* documented the work of Facebook's content moderators in the Philippines, who clean the platform of illegal content while being paid $1–4 per hour for their work. These

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moderators are exposed hour after hour to the worst possible content posted to these internet platforms. One Google moderator estimated having to filter through 15,000 images a day, including images of child pornography, beheadings, and animal abuse.[12] In 2020, Meta settled a lawsuit brought by over 10,000 of its content moderators, agreeing to pay $52 million in mental health compensation.[13] Content moderators pay an enormous psychological price in helping to keep the platforms safer and more civil for users around the world, but their plight also lays bare the distance between the highly compensated and powerful tech executives in Silicon Valley and the behind-the-scenes labor employed to scour the internet for harmful content. This human toll further calls into question the early, techno-optimist vision of the internet as an emancipatory force that would inevitably dismantle existing institutions of power and lead to a "more humane and fair" world.[14]

Another reason to be concerned about the concentration of power among a few tech companies relates to their collection of user data as part of their business model and the impact of that data collection on user privacy. This "surveillance capitalism" describes how tech companies extract vast data on their users' private lives and commercialize that information through targeted advertising, which threatens those people's rights to privacy and individual self-determination.[15] At worst, users' personal data can be harnessed to serve not only commercial, but also political goals. The Cambridge Analytica scandal—where a British political consulting firm acquired Facebook users' private data and used it in political campaigns—illustrates this problem in no uncertain terms.[16] In this case, internet users' private data was deployed with the goal of influencing the election in favor of President Trump. This or any similar attempt to manipulate voters compromises individuals' decisional privacy and undermines their trust in democracy.[17]

Internet users are not only vulnerable to surveillance by private tech companies, but also to digital surveillance by governments who rely on tech companies and their digital tools to further their national security or law enforcement objectives. The Chinese government's

surveillance of its citizens, including its deployment of facial recognition technology, is particularly far-reaching. Hundreds of millions of surveillance cameras are already installed across China where the government can now match the video footage to personal data collected elsewhere, identifying individuals in real time and potentially predicting or even preventing political resistance before it even happens.[18] The government has rolled out AI-driven surveillance programs such as Sharp Eyes,[19] the goal of which is to create an "omnipresent, fully integrated, always working and fully controllable" nationwide surveillance system, built and supported by Chinese tech companies.[20] Yet it is not only authoritarian governments that deploy the internet as a tool for surveillance. Democratic governments, including the United States, also conduct extensive surveillance operations, as former US National Security Agency (NSA) contractor Edward Snowden revealed as part of the unprecedented leak of sensitive US intelligence data in 2013. Those Snowden revelations exposed how the NSA had engaged in a mass surveillance of individuals by harvesting data available through Facebook.[21] Without proper oversight, it is both tempting and feasible for any government to utilize the surveillance capabilities of tech companies to advance their political goals or national security objectives, even when that surveillance undermines individuals' civil liberties.

Many of these concerns are now amplified with the rapid advances in artificial intelligence (AI). The innovations in so-called generative AI technologies, in particular, have the potential to revolutionize the way we work and interact with information and each other. At best, generative AI will allow humans to reach new frontiers of knowledge and productivity, leading to unprecedented levels of economic growth and societal progress. At the same time, the pace of AI development is unsettling technologists, citizens, and regulators alike. AI is already used to power both private and government surveillance and to manipulate human behavior, but those activities can now reach new heights with larger training datasets and more sophisticated AI tools. A growing fear is that these technologies will

give powerful tools for bad actors to exploit and defraud people or commit other illegal acts. They might also soon be used by anyone to unleash waves of disinformation. Even ardent techno-enthusiasts are now issuing dire warnings on how unregulated AI can lead to these and many other uncontrollable harms, posing severe threats to individuals and societies. The direst predictions presage the AI's ability to obliterate labor markets and make humans obsolete or—under the most hyperbolic scenario—even destroy humanity.

As people have become increasingly aware of the risks and potentially harmful effects associated with the use of these digital tools and with tech companies' vast economic power and social impact, it is not surprising that calls for greater regulation of these companies are growing. Recently, several governments have begun to respond to these popular demands by asserting their regulatory powers, leading prominent news outlets to proclaim how "A Global Tipping Point for Reining In Tech Has Arrived,"[22] and to describe how "Big Tech Braces for a Wave of Regulation."[23] For the past decade, the European Union has been leading this fight, frequently leveraging its antitrust laws, data protection laws, and other regulatory instruments to reclaim control over the industry.[24] But the EU is no longer the lone crusader in taking on the leading tech giants. The Chinese government has initiated an unprecedented crackdown on its tech sector in the name of advancing "common prosperity" and in order to ensure that tech giants do not overpower the Chinese state.[25] The tide may finally be turning even in the US, where Congress is reassessing the need to rewrite US antitrust laws, enact a federal privacy law, or revisit the Communications Decency Act of 1996, which shields internet platforms from liability for the content they host.[26] However, even if the problems associated with the tech industry have led to a broadening consensus that the digital economy needs to be regulated, there is no consensus among governments on what that regulation should look like.

Digital Empires: Three Competing Regulatory Models

Today, there are three dominant digital powers—the US, China, and the EU—who can metaphorically be thought of as "digital empires." These modern empires of the internet era are the leading technology, economic, and regulatory powers, each with the ambition and capability to shape the global digital order toward their interests and values. They have each developed a distinct governance model for their domestic digital economies, consistent with their different ideological commitments. Not unlike the empires of the past, they have further exported their domestic models in an effort to expand their respective spheres of influence, thus pulling other countries into the orbits of the American, Chinese, or European digital empires. The digital empires find their closest analogue, not in the former territorial empires, but in various informal empires of the twentieth century that projected economic, military, and cultural power across their borders, creating power asymmetries that vested them with influence over foreign societies. Today's digital empires are primarily exporting their tech companies, technologies, and rules governing those technologies, thus shaping countries and individuals that fall under their influence toward the norms and values they espouse.

Each digital empire holds a different vision for the digital economy, which is reflected in the regulatory models they have adopted at home and promoted abroad. These three leading regulatory models could be thought of as representing three "varieties of digital capitalism"—drawing on different theories about the relationship between markets, the state, and individual and collective rights.[27] As described throughout this book, the US has pioneered a largely *market-driven* model, China a *state-driven* model, and the EU a *rights-driven* model. Each of these regulatory models involves societal choices that rest on diverging economic theories, political ideologies, and cultural identities. In deciding how to regulate the digital economy, governments in the three jurisdictions have all had to balance their support of technological innovation with the

implications those technologies have for civil liberties, the distribution of wealth, international trade, social stability, and national security, among other key policy concerns. This balancing effort has led to some similarities but also notable differences across the leading regulatory models. As each model is associated with contested policy choices that subject them to criticism—each for different reasons—there is no global consensus on which of the three dominant regulatory models best serves the goal of building a vibrant and resilient digital economy and society.

The US has traditionally followed a *market-driven* regulatory model, which has provided the foundation for the global digital economy as it exists today.[28] The American regulatory approach centers on protecting free speech, the free internet, and incentives to innovate.[29] It is characterized by its discernible techno-optimism and relentless pursuit of innovation. The US government has historically viewed the internet as a source of economic prosperity and political freedom and, consequently, as a tool for societal transformation and progress. The American market-driven model exhibits uncompromising faith in markets and embraces a limited role for the government. According to this techno-libertarian view, government intervention not only compromises the efficient operation of markets; it also undermines individual liberty. Thus, while the US's commitment to innovation and growth provides the economic rationale against government intervention, its commitment to individual liberty and freedom is often invoked as a political reason to limit the government's role. Minimizing government interference is seen as essential to producing a vibrant democratic society characterized by free speech and the engagement of diverse voices in civic life. From this perspective, the government is only expected to step in to protect national security—on cybersecurity issues, for example, the US government has a role to play alongside tech companies.

Few would dispute that many of the prized innovations that shape our everyday lives today can be traced to Silicon Valley—innovations that the American market-driven model has directly facilitated. At the

same time, privacy advocates and other critics argue that this zealous pursuit of innovation has come at the expense of protecting individual internet users' rights. The EU has joined these advocates in arguing that, absent regulatory safeguards, public and private surveillance thrive under the US model and severely compromise individuals' rights to privacy and political autonomy. Seen from this vantage point, a world governed by tech companies' business models subjects internet users to behavioral advertising and manipulation that subvert individual choice, liberty, and self-governance.[30] By allowing for this, the US model thus compromises individuals' abilities to exercise their agency and participate in democracy. Several recent high-profile scandals illustrate the problem, including the Snowden revelations and the Cambridge Analytica scandal mentioned above. The EU and other critics of the market-driven regulatory model can also point out how Facebook, Twitter, YouTube, and other platforms have repeatedly failed to remove dangerous disinformation on topics ranging from the COVID-19 pandemic to democratic elections. And they can replay the images of the January 6, 2021, insurrection at the US Capitol, which originated in a rampant social media–fueled disinformation campaign about a stolen election.[31] Consequently, when looking strictly at innovation and economic growth, the American market-driven model can be praised for its ability to nurture tech companies, but that economic benefit comes at the expense of risking fundamental rights, human dignity, political autonomy, and democracy.

In contrast to the American market-driven regulatory model, the Chinese regulatory model rests on a *state-driven* vision for the digital economy.[32] The Chinese government seeks to maximize the country's technological dominance while maintaining social harmony and control over its citizens' communications.[33] China is determined to leverage technology to fuel its economic growth and development. It is currently engaged in an unprecedented state-led effort geared toward becoming the world's leading technology superpower. In addition to pursuing this economic goal, the government is focused on tightening the political grip of the Chinese

Communist Party (CCP) by deploying the internet as a tool for control, surveillance, and propaganda. To achieve these goals, the CCP has harnessed the power of its private tech companies: in return for the initially lax regulatory approach that helped them grow and flourish, Chinese tech companies have acted as the CCP's surrogates, performing the surveillance and control functions of the state over their users. However, the Chinese government is increasingly adopting the view that the largest tech companies have grown too powerful. It has recently leveraged its antitrust laws to rein in domestic giants such as Alibaba and Tencent—the opening salvo of an unprecedented assault on its domestic tech industry. Yet even this newest turn in digital regulation serves the fundamental goal of the Chinese government: cementing the state's control of the digital economy as a defining feature of China's regulatory model.

Like the US, China has been tremendously successful in fostering technological innovations, allowing leading tech companies such as Alibaba, Tencent, and Huawei to emerge. At the same time, the Chinese state-driven regulatory model has also come under increasing criticism in democratic countries, as the Chinese government systematically harnesses the internet as a tool for censorship and political control. Many foreign governments, including the US and the EU, condemn the Chinese government's policy of banning and filtering online content on a large scale—a policy colloquially known as the Great Firewall. Many foreign companies have become a direct casualty of this policy, including Google, Meta, and Twitter, which have largely abandoned the Chinese market due to the government's extensive censorship policies.[34] China's large-scale deployment of facial recognition techniques for law enforcement purposes is also widely condemned abroad.[35] Its social credit scheme, which rates citizens for their trustworthiness based on issues such as paying taxes or committing a crime, is similarly met with deep suspicion.[36] These examples illustrate how the Chinese government has converted the internet from a tool for advancing democracy to an instrument in service of autocracy. Thus, China's practice of deploying data as a tool for social control

represents a stark departure from the shared European and American view where the internet is seen as key to promoting individual liberty and advancing freedom in society. Through its model, China has shown the world how freedom is not inherent in the character of the internet, but rather vulnerable to political choices by those with the power to limit that freedom.

The European regulatory model differs from both the American and Chinese models in being distinctly *rights-driven*.[37] The EU embraces a human-centric approach to regulating the digital economy where fundamental rights and the notion of a fair marketplace form the foundation for regulation.[38] According to this view, regulatory intervention is needed to uphold the fundamental rights of individuals, preserve the democratic structures of society, and ensure a fair distribution of the benefits from the digital economy. Technology must be harnessed toward human empowerment and with the aim of safeguarding the political autonomy of digital citizens. In contrast to the US model, which focuses on protecting free speech as *the* fundamental right, the EU model seeks to balance the right to free speech with a host of other fundamental rights, including human dignity and the right to privacy. In contrast to the Chinese model—which also reserves a strong role for the state in steering the digital economy—the EU model is geared at enhancing, not curtailing, the rights of citizens vis-à-vis both tech companies and the state. The EU's regulatory model also emphasizes that digital transformation needs to be firmly anchored in the rule of law and democratic governance. Whereas the American market-driven model often emphasizes how governments do not understand technology and should hence refrain from regulating it, the European rights-driven model is more concerned that tech companies do not understand the pillars of constitutional democracy or the fundamental rights of internet users.[39] As a result, under the European regulatory model, the government must steer the digital economy with the goal of protecting those rights they view as foundations of a liberal democratic society.

Civil rights advocates often praise the EU for its commitment to fundamental rights, dignity, and democracy, including its efforts to steer the digital economy toward those values through regulation. At the same time, many industry advocates and companies in both the EU and foreign markets—particularly the US—view the European rights-driven regulatory model in a less positive light. They describe it as overly protective, compromising tech companies' incentives to innovate, and thereby curtailing the technological and economic progress that societies depend on. Few successful tech giants are emerging from Europe, which is often attributed to the EU's protective regulations that interfere with tech companies' innovative zeal.[40] Many US politicians, tech companies and other proponents of the free speech ideals underlying the American regulatory model also allege that the European rights-driven model risks undermining free speech and stifling public debate. In particular, US tech companies like Google have argued that the EU's approach toward content moderation—including its online hate speech rules and the "right to be forgotten" provision in the EU's General Data Protection Regulation (GDPR)—could to lead to harmful censorship.[41] In other words, these critics argue that the EU overdoes its rights-driven regulation, damaging economic progress and political freedom in the process.

Even this cursory overview of the three leading regulatory models reveals significant distinctions among them. However, the models also have elements in common. Despite prioritizing the market, the state, or individual and collective rights differently, each model ultimately maintains aspects of each. Markets do not always win in the US; the state does not control everything in China; and the rights of internet users do not always prevail over other policy imperatives in the EU. Nevertheless, when faced with critical policy trade-offs and the balancing of various interests in regulating the digital economy, each jurisdiction often falls back on those foundational principles that are intrinsic to their distinctive regulatory models: the US tends to draw on its pro-market instincts to limit government intervention, China responds in ways that ensure the

government's interests are protected, and the EU acts in a manner that elevates the rights of digital citizens to the heart of its policymaking. It is these persistent differences across the three models that fuel tension and conflict, paving the way for the contested battles that have become a defining feature of today's digital economy.

Imperial Rivalries: A Battle Fought on Two Levels

Due to the global nature of the digital economy, these leading regulatory models extend across jurisdictions, impacting foreign societies and shaping lives of foreign individuals. As a result, these models frequently collide in the international domain, leading to fierce battles both within and across the digital empires. These imperial rivalries are thus central to the evolution of the global digital order, revealing how that order is shaped not only by the empires themselves but by their mutual contest for influence. These rivalries take place at two levels. First, there is a *horizontal battle among different governments*, as illustrated by the conflicts among the US, China, and the EU over the norms and values that govern the digital economy. However, this horizontal battle among the governments is shaped by—and often fought through—*vertical battles between governments and the tech companies* that these governments are seeking to regulate. These vertical battles have evolved differently in each jurisdiction, consistent with the differences in the three regulatory models. Various horizontal and vertical battles are further deeply intertwined, constraining the strategies that any government can deploy in each battle. For example, the US government is reluctant to regulate its tech companies too aggressively for fear of stifling these companies' ability to innovate as such a strategy could, in turn, weaken the US in its horizontal rivalry over technological supremacy against China. Such interconnections across the various horizontal and vertical battles often lead to a strategy of restraint, bringing about periods of de-escalation alternated with periods of escalation. This dynamic sustains a persistent, yet ultimately

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and when you see it to be clear and tender take it up and put it into your glass or pot crushing it flat down with the back of a Spoon then put into the Sirrop 6 spoonfulls of pippin liquor and 2 Spoonfulls of the jelly from the kernells then set it on the fire Stiring it still and when it boyles Scumme it clean and then put in your quinces again and let it boyle 6 walms keeping it still Shaking lest it burn so then take it up and put it into your glass again you must be sure to have Sirrop enough for ever and anone there will rise a coat upon it y^{t} must be taken off and fresh Sirrop put in.

126. *To preserve Goosberrys.*

Take as much double refined sugar as y^{e} goosberrys weigh unpicked and unstoned and to a pound of Sugar take half a pint of water and when your goosberrys are clean pickt and stoned set your Sugar and water over the fire and make your Sirrop and when it is clean scummed put in your goosberrys and let them boyle as fast as possibly you can till they clear and the sirrop thick enough which will be in less than a quarter of an hour.

127. *To make Jelly.*

Take a nuckell of veal cut off the fat and skin 2 calves feet very white lay the veal and feet in warm water to soak out the blood shift it into fresh water till all the blood be out then set it to boyle in 3 gallons of Spring water boyleing it continually till it come to a pottle or 3 pints then if you will have it white put in a pint of white wine, if red put in red wine, and boyle it a quarter of an hour then take it and strain it and when tis cold take off all the fat and leave the dross in the bottom and to every quart of clear broth take cinnamon and nutmegs of each an ounce half an ounce of ginger sliced break your cinnamon in pieces and quarter your nutmegs, then take 2 spoonfulls of corriander seed half a pound of Sugar 6 Spoonfulls of

rosewater put all these into a new pipkine wth the whites of 8 new laid eggs well beaten stir all these very well together and set them over boyling them a quarter of an hour & stiring them all the while then pour it into your bagg with 2 handfulls of rosemary in the bottom of ye bag run it through y^{e} bag twice or thrice.

128. *To preserve Rasberrys.*

Take the juice of rasberrys and make your Sirrop of it to a pound of rasberrys take a pound of sugar and put half the Sugar to ye juice and let it boyle, the put in the rasberrys and let them boyle as fast as they can take them off and Shake them oft put in y^{n} then rest of the Sugar by degrees as they boyle but touch them not, when they are enough the stones will look clear So you may do currants or cherrys.

129. *To preserve Oranges.*

Lay your oranges in water all night then pare off the rine as thin as may be then make a round hole that your finger may go in and take out all the seeds and set them on the fire & let them boyle half an hour or better then take them out and put them into cold water till the next morning then looke that all the seeds be out and boyle them in a fresh water as before and lay them in cold water again & the next morning boyle them till they be very tender that a small bennet will go through them, then set them with the holes downward on a clean cloth to drain 3 or 4 times double then to every pound of orange take a pound and half of Sugar and to every pound of Sugar a pint of water make your Sirrop and clear it and strain it then put in your oranges letting them boyle moderately till they be clear, turning them often, then take them up and when they be cold put them into a gallypot or glass & when they have lain a fortnight in the Sirrop take them up & boyle the Sirrop again.

130. *To souce Pigg.*

Cut your pigg into 4 collers of a Side take 12 cloves 4 leaves of large mace 2 nutmegs Shred thin strew all these on the collers with a little salt rowle them up hard and bind them close and boyle them 4 hours and when tis almost boyled put in a faggot of Sweet herbs and half a pint of vinegar.

131. *To preserve Apricocks.*

Take a pound of Sugar and a pound of apricocks Stone them and pare them very thin let the Sugar be beaten very fine lay the apricocks in 3 parts of the Sugar all night the next morning boyle them in their own Sirrop and when you have Scummed them cast in the rest of the Sugar in the boyling & when they are enough and Scummed put in your ambergrease & take y^{m} up.

132. *A Sweet Bag.*

TAKE half a pound of benjamin and half a pound of Storacks half a pound of orris an ounce of cloves and a few orange peels dryed a little sweet marjerrum dryed beat all these pretty gross and take half a bushel of damask roses, and a gentle fire under a Still fill the Still wth roses just damp them then take them out and put them into a large dish and pull them all to pieces while they be hot Strew these powders being mixt on the roses work all these together so that the powder may stick on the roses do thus till all the roses be done then take a great preserveing glass or 2 that will more than hold it and lay in a lay of roses and strew in some powder so do till all be in the glasses then bind it up close with a double white paper and leather on the top then set it as hot as you can in the Sun every day Shake the glasses very well if you find it do cake in the middle put your hand in the glasses and stir it very well and when tis very dry put

some amber grease pounded & some civet rub it about the leaves what quantity you please so you may keep it in bags as long as you please.

133. *To coller Beef.*

Bone the beef and rub the inside of it with Saltpeeter a handfull and salt it with as much bag Salt as will season it then lay it in pump water 4 days then let it hang to run dry then season it with cloves mace nutmegs, marjerom persly time, Seewory Sage, Shred small then rowle it upward and bind it very hard with broad inkle and bake it in a pot filled half full of water w^{n} tis baked take it out of the liquor and keep it dry.

134. *Cherry Wine.*

24 Pound of cherrys stalk'd and stoned and prest in a pot and so stand 30 hours or more then put all in a cotton bag strain it in an earthen pan and one pound of Loafe Sugar in 24 hours twill run out six quarts then vessel it for a month then bottle it, lay down the bottles in a fortnight it may be drank.

135. *Little Cakes to be baked in Pans.*

Take a pound of flour and dry it well and a pound of loafe Sugar beaten and dryed search them both and mingle them together a pound of sweet butter and wash it in rose water and worke it very much with your hand and strew in a little of the flour and Sugar still workeing it till tis half in then put in 6 eggs but 4 whites and so by degrees worke in the rest when the oven is sweeping put in four spoonfulls of rose water a little beaten mace a pound of currants your pans must be ready buttered then fill them half full and search

some double refined Sugar on them bake them half an hour this proportion will fill 2 dozen of pans.

136. *To make a Carrot Pudding.*

Take the crum of a 2 penny loaf and grate it and half as much grated carrot and 6 eggs but 4 whites and some Sugar and half a nutmeg a little salt mix it with a pint & half of cream and you must put it into the oven, melt a quarter of a pound or better of fresh butter put a little rose water 2 or 3 spoonfulls of Sack then put it into the oven in a dish and let it stand half an hour the oven must not be to hot Stop it a little.

137. *A Cream.*

Take a quart of cream then put in 6 yolkes of eggs and three whites well beaten then set them over the fire and stir it ye while then put in some canded eringo root, candid oringe peel cut them very thin then put in some preserv'd plums and rasberrys & jelly of pippins stir it well together and put it in your dish and w^{n} tis cold lay it over with apricock jelly and jelly of currants and quinces jelly also cut in pretty fancys.

138. *To make a Flesh Cheese.*

Take 2 oxe cheeks beat the bones very well & those that are not fit to bake take out season it with cloves and mace jemacoe pepper and salt as you see fit put it into a pot and put to it a pound and half of beef suit & a pint of claret a faggot of Sweet herbs & an oynion bake it throughly then take out all the bones and beat the meat in a morter very well and pour away the gravey and let it be cold and take off the fat then put the gravey to the meat again and put it in a

Stewing pan over a charcole fire stew it till it be thick & put it in a little cheese vate scaulding hot with a cloth as another cheese and tuck it in well turn it 3 times before it is cold and press it very well then take it out & put it on a board till it be cold it will not keep long.

139. *A Cordiall Organy Water.*

Take half a pint of Sack and 3 pints of the juice of organy some cloves a little saffron let these infuse all night on embers & bruise a handfull of organy and put thereto & still it in a plain Still tis good for the Spleen y^{e} Stomack or mother you may still barm thus.

140. *To Salt Hams or Tongues.*

Take such a quantity of water as will cover them & put in as much bay salt & salt peeter 2 parts of the former and one of the latter as will make a brine strong enough to bare an egg up the breadth of a 6 pence when it is all dissolved over the fire then boyle it till you have scumm'd it clean & when it is cold put in your ham or tongues & let them lye in it a fortnight then smoake them in chimney a fortnight longer.

141. *Dr. Moors admired Pills.*

Take alloes mirrh and saffron of each 2 drams into fine powder salt of wormwood and cream of tartar of each ½ a dram mingle all these well together and the Sirrop of sharp citterns make it into a mass for pills adding a drop of oyle of rosemary and when you go to bed at night take 3 pills & 3 in the morning and posset drink in ye workeing.

142. *To make Almond Puddings.*

Take one pound of almonds beat very small with rose water one pound of the best beef sewit Shred very small & the marrow of one bone cut very thin after it has been soaked to fetch out the redness & a quarter of a penny loaf grated boyle in a quart of cream half an ounce of mace then take ye yolkes of 8 eggs and the whites of 4 & whip them well mix these altogether with a little Salt and almost a pound of Sugar. the guts must be stript very thin and renced in rosewater.

143. *To make Sawcidges.*

Take 2 pound of porke or veale and one of beef sewit, mince it as small as possible and put to it a handfull of chopt sage & a quarter of a penny loafe grat'd & almost a quarter of an ounce of pepper one nutmeg with cloves enough to make it a quarter of an ounce & almost double to the quantity of Spice in Salt mix all these very well together with ye yolk of one egg & rowle them up of a convenient length they must be fry'd very quick.

144. *To make Whipt Sullibubs.*

Take a pint of white wine and 2 or 3 Spoonfulls of Sack and slice part of a lemon into it and let it stand one hour Sweeten it and put to it a quart of sweet cream whip it and when the froth rises put it into glasses.

145. *To make a Cordiall Water.*

Take the leaves of mint balme wild time marjorum meadsweet the roots of avens of each 2 handfulls and half the flowers of cowslips, rosemary, red roses, marigolds rosasolis, burrage bugglase gilly flowers harts ease sunflowers, of each one handfull Cinnamon and lemon peel of each half an ounce infuse all these in 3 quarts of

aquavite in a cold Still stopt for 2 days and nights then draw it off with a gentle fire if you please put into your receiver musk & ambergrease of each 3 grains tyed up in a thin bag wth your Saffron paste your Still close with rye dough you may draw as much in quantity as your aquavite put into it 2 pound and half of double refined Sugar stiring it often that it may not Candie. Because the flowers & roots & herbs are not to be had at one time you must as you gather them bruise y^{m} gently in a stone mortar putting to 3 handfulls of flowers herbs or roots one handfull of baysalt mix them well together tye them up very close in an earthen pot well glazed the best time of gathering the herbs is mint & marjerom in may balme in April meadsweet & rosasolis in June Avens in July Sunflower in august.

146. *To Candie Angelicoe Stalks.*

Take young tender stalkes slit them and bruise them at one end that you may string them then boyle them in water till they will peel and when peeled put them into other scaulding water covering them close let them stand awhile over embers to green them wash them in cold water lay them on a dish and Strow some Sugar on them & set them on coles to dry then take near their weight in Sugar and boyle it to a candie hight then put in your stalks they will make your Sirrop thin but boyle them till they grow stiff & shine and your Sirrop is almost to Sugar again then lay them flat on a plate & set them before the fire to dry seting them sometimes on a chaffendish of embers.

147. *To Pickle Kidneybeans.*

Take 2 parts vinegar and one water and put salt enough to make it bear an egg then boyle it, and when cold put in your beans, being first strung they will keep best in glass being close cover’d for use

take as many to spend in 2 or 3 weeks & put them in a pipkin with half water and half vinegar and a little salt Stop them close and set them over a gentle fire till they be green and tender so keep them in that till used.

148. *To Pickle Turneps.*

Pare them and cut them in thin slices and lay them in a gallypot strewing betwixt each row grosse pepper and a little beaten mace when they are all in pour as much vinegar as will cover them in 3 or 4 weeks you may use it.

149. *To Pickle Oysters.*

To one hundred of oysters take a quart of white wine and all the oyster liquor strain it and boyle it and scumme it very well then put in a spoonfull of whole pepper & 4 or 5 Heads of large mace boyle them an hour and when cold put it up.

150. *To Pickle Broom Buds.*

Pick your buds whilst they are green before they are yellow at the tops and make a brine strong enough to bare an egg boyle it and when it is cold put in your buds for a month or 6 weeks then green them puting in the bottom of the Skillet nut leaves then pour in Spring water and put in the buds and lay more leaves upon them set them on a gentle fire and when tis almost scaulding hot pour that away and put in more cold water so do 9 or 10 times till they are very green pot them up in vinegar and keep them for your use.

151. *To make Rasberry or Currant Wine.*

To a quart of water take a pound of Sugar and 3 pound of rasberrys bruise them in a stone morter and put them into your water and Sugar and let it stand 24 hours stiring 3 or 4 times then strain it through a hair Sive or canvas bag then tun it and stop it close in 3 or 4 weeks it will be fit to bottle it will keep a year you may make Goosberry wine this way.

152. *To make Lemon Cream.*

Pare 6 lemons very thin and put the parings into a quart of water & let them lye in it 24 hours then squeeze the juice of ye 6 lemons into ye water and sweeten it with double refined Sugar & put to it 3 spoonfulls of orange flower water then take the yolks of 4 eggs & the whites of 10 and beat them well and strain them into your water & set it in coles continually stiring it till it is thick enough but let it not boyle.

153. *To make Almond Cream.*

Blanch half a pound of almonds and beat them very small putting orange flower or rose water to them put to that 7 eggs well beaten then take a quart of cream and pour part of it to your almonds & strain it then pound your almonds again and put the remaining part of your cream to them do so again then set them on coles and keep stiring it till tis thick enough sweeten it it must not boyle stir it till it be cold.

154. *To make Snow.*

Whip the whites of 3 eggs very well and sweeten a quart of cream and put to them then whip it together then put to it 3 quarters of a pint of white wine and as much Sack continue whiping it till it is very light & as it rises take it off & lay it on what you please.

155. *Sirrop of Buckthorn Berrys.*

Take 2 quarts of the juice of the berrys and boyle it in a pipkin to one quart put to it 2 pounds of white Sugar clarifye it with the whites of 2 eggs beaten to a froth strain it through a cotton bag then boyle it to a Sirrop with a little cinnamon mace and Shred nutmeg put in a bag and wroung now and then when it is cold bottle it up for use. In all Hydropicall and Scorbutical Distempers 3 spoonfulls is a resolveable dose & a proper medecin taken in white wine.

156. *To pot Beefe.*

Take 6 pound of lean beef without skin or sinews and one pound & half of fat bacon slice both thin and pound it in a stone morter and season it with a quarter & half of an ounce of cloves and as much pepper and a good nutmeg & as much Salt as Spice mix it very well and when it is baked pour y^{e} gravey from it press it abroad in a pot when it is cold cover it with butter melt'd it will keep half a year if not cut you may do fat beef thus only leave out the bacon.

157. *To make a Cake.*

Take 5 pound of flour & dry it well and 5 pound of currants and one of chopt raisons and mix with the flour then take half an ounce of cinnamon a good nutmeg half a quarter of an ounce of mace & one pound of Sugar and a little Salt and mix with it near the fire then take almost a quart of cream and melt it in a pound and half of good butter make 2 holes in the flour and put this into one then beat 16 eggs but half the whites and strain them with a pint and half of good ale yest put to it Sack and rosewater a quarter of a pint of each mix it and put it into ye other hole of your flour, and let it stand against the fire to warme then mix it near the fire and cover it with a hot

cloth for a quarter of an hour to rise then strow in a quarter of a pound of carraway comfets let it take ye air as little as possible ye oven must be hot an hour will bake it.

158. *To make Jelly of Currants or any other suteable fruit.*

Strip your currants into an earthen pot & set it into a kittle of water let it boyle till they are broken then strain out the jelly from them and the weight of it in loafe Sugar put the Sugar in your preserving pan with water enough to melt it, then put in your jelly let it boyle & scumme it as the scumme riseth till it comes to a thick jelly but not hard you must stop ye pot very close that the water get not into it.

159. *For the Yellow or Black Jaundise.*

Make a wine pint of clear white wine posset drink without curd then take half a quarter of an ounce of the oldest castle Soape you can get scrape it thin and put it into as much of the posset drink very hot to desolve the castle Soape as the party can well drink at a draft drink it as warme as you can going to bed and in the morning fasting the remainder of ye posset drink fast at least one hour after it thus do 3 nights and mornings and y^n but once in a year unless occasion be to take it oftner & t'will cure them.

160. *For Deafness by reason of a Cold.*

Take a drop or 2 of the oyle of rue heat it and drop it into ye ears and be sure to keep the head warme.

161. *To take away the Felme out of the Eyes.*

Take a new laid egg and make a little hole in the top or one end and take out the yolke and white of it and put in fair running water or red rose water or fennell water a white copperice bruised and as much comeing seed as you can hold between a finger and thumb and put them all into ye egg shell and put y^{e} shell upon some coles & let them boyle a little & let it stand till tis cold & nights and mornings drop a drop or 2 into the eye & close the eyeled upon it and in a little time twill cure them.

162. *For a Swelling in any part.*

Take a quart of ale or stronge beer growns mallows sage and elder leaves & stamp them small and lin-seed beaten small and sheeps sewit or sallet oyle and oatmeale and boyle them together till it is as thick as to make a poultess then lay it to the place swellen as hot as it can be endured & it is a speedy remedy.

163. *For a Purge.*

Take a quarter of an ounce carocostinum with half a pint of white wine being steep'd in it all night the next morning drink it blood warme it will give 6 or 8 stools or this take ruebarbe wth red currants beaten together.

164. *To Harden sore Nipples.*

Take borace a quarter of an ounce and beat it small and in it a little more than half a pint of milk then put it over the fire and when it is dissolved and almost ready to boyle then take it off the fire and put in a little allom in powder put in little more than will make it turn into small curds that it looks pretty white then strain it through a cloth from y^{e} curds and keep it for your use you cannot err in putting in ye

borace for the more you put in ye more healing your way of useing it is to bathe your nipples as hot as you can suffer it mornings and nights and lay a cloth wet in it 2 or 3 times double upon the nipples being first singed you must bathe them a quarter of an hour at a time and lay on the wet cloth as hot as you can suffer it.

165. *For the Biting of a Mad Dog.*

Take filings or scrapeings of pewter Garlick and venice treacle beat them together very well in a morter till they come to be like a poultis lay it on y^{e} bitten place. Moulins Re:^{ct}.

166. *For a Child troubled with man wormes which often occasions Convulsions.*

Take notice when you fear fits to lick in a morning fasting the childs forehead if it taste salt then it hath man wormes then anoint the navell and stomach with oyle of wormwood 3 days before and 3 days after the full of the moon then make 2 playsters of Galbanum & lay one to the stomach and the other to the navell if it should have convulsion fitts give it 3 drops of juice of rue 3 times just before ye fit comes and to sweeten the mouth give it what you please.

167. *Another aproved for Convulsion Fitts.*

Take a good sound nutmeg the same weight in cloves and likewise of mace breake these spices very small and boyle them in a quarter of a pint of strong aquavite till it comes to the consistence of methridate Spread half of this on a scarlet cloth & apply it to y^{e} Stomach this usually cures at once but never fails at twice when a fitts comeing.

168. *Cracknell Paste.*

One pound of flour one pound of fine Sugar 2 yolkes and one white of an egg half a quarter of a pound of butter 2 spoonfulls of rose water colliander seed prepared make it up with thick cream.

169. *Jumble Paste.*

2 pound of flour half a pound of Sugar the yolkes of 7 eggs colliander seeds prepared make it up with thick cream.

170. *Dr. Burgesses Re:^{ct} against Ye Scurvy.*

Take a quarter of a pound of Gwacombewood and boyle it in a pottle of fair water till it comes to a quarter take thereof a mouthfull rowling it to and fro a little time then put it out and presently take another mouthfull & swallow it then take another & rowle it on your mouth a quarter of an hour do thus 12 times a day.

171. *For the Stone.*

Take 3 quarts of white wine and 2 ounces of beaten annyseeds 2 ounces of liquorish a good handfull of burdock roots all these you must boyle in y^{e} white wine till one half be consumed & so take it as often as your stomach will digest it taking nothing between.

172. *Pills to kill Wormes and Open Obstructions.*

Take one ounce of alloes washt clean in damask rose water half an ounce of mirrhe half an ounce of saffron & a dram of rubarb make them into a mass with Sirrop of lemons, and 3 of them take when

you see occasion about y^{e} bigness of a small pease at night going to bed.

173. *For a Rupture.*

Take Snails & dry them well & beat them to powder & drink ye powder in drink.

174. *For the Megrime in the Head.*

Take goates dung and mix it with vinegar of squils and anoint the head and temples therewith, or this, frankinsence mirrh and an egg beat them together & apply it to the head and temples.

175. *For the Dropsey.*

Take green broom 3 handfulls and burn it to ashes and steep it in a pottle of white wine all night then strain it and drink a wineglass of it every morning then afterwards take a greater quantity of green broomes 2 gallons of sweet wort & boyle it and put it into a runlet wth elecampane or liquorish.

176. *Against the Plague.*

Take a handfull of elder leaves and a handfull of rue & as much brown Sage a handfull of wormewood & a handfull of brier leaves steep them in strong beer or white wine 2 quarts take 2 spoonfulls at a time morning and evening & walk half an hour after it.

177. *Dr. Smiths Rare Re^{ct} for Y^{e} Itch.*

Take of the oyle of roses or the best oyle of olives an ounce & half rock allome, flour of brimstone salt of prunella of each 2 scruples, Roman vitriol a scruple let all these be finely powder'd & well mixt with ye oyle then add to all these as many drops of oyle of Rhodium as will give it a sweet smell. anoint herewith ye wrists and joints affected. Tis an excellent good one.

178. *Aquamirabilis.*

Take mellilot, cubibs, gallingall, mace, Ginger cloves beat all these to fine powder steep them all night in 3 pints of the best white wine one pint of aquavite & half a pint of the juice of Sallendine being paste all night & still it off next morning with a soft fire.

179. *For a Sore Mouth or Throat.*

Take a quart of milk and put into it a good handfull of woodbine leaves and a handfull of brier leaves a handfull of collenbine leaves and boyle all these till half be consumed when it is almost enough pound 3 or 4 almonds and put into it and a good spoonfull of honey of roses & when tis enough strain it & drink it as hot as you can.

180. *For the Yellow Jaundise.*

Take horehound 2 ounces hops one ounce egrimony bugloss roots elecampane roots of each half a dram lignum alloes a dram & half boyle all these in 3 pints of white wine to the consumption of a 3^{d} part when it is cold but the liquor from the herbs without straining it but if the party be feavorish then boyle the herbs in half hyssop water & half white wine & do as you did before take 5 spoonfulls of this drink Sweetened with fine Sugar every morning fasting 2 hours after it & as much every night y^{e} last thing going to bed.

181. *Dr. Burgesses Receipt against Y^e^ Plague.*

Take 3 pints of the best muskadine or malmesey boyle therein rue and Sage of each one handfull untill a pint be consumed then strain out the herbs hard then set the liquor on the fire again and put thereto long pepper ginger cutcheneale or grains of each an ounce a quarter of an ounce of nutmegs all beaten to poweder let all these boyle together a little then take it off the fire and put therein an ounce of the best methridate 2 ounces of y^e^ best treacle and a quarter of a pint of angellicoe water keep this and your life above all worldly Treasures take it always warme morning and evening a spoonfull at a time but if infect'd 2 spoonfulls this is good against the plague y^e^ sweting disease, the smallpox, measells surfets all pestilent distempers and feavours used as followeth take a spoonfull of it when you first fall sick & swet 3 hours in bed after it & then carefully taken out of it if they are dry they must drink posset drink with marygolds boyled in it & drink nothing but caudles & warme drink at other times.

182. *A Cordiall Water of Dr. Stevens.*

Take ginger cloves mace cinnamon nutmegs gallingall grains, fennell seed annyseeds carraway seeds groomwell seeds of each a dram liquorish 4 ounces avens cammomile, pellitory of the wall balme red roses garden time rosemary lavender flowers wild marjerom basill mints sage penny royall of each a handfull beat y^e^ spices very well shred the herbs and steep them in a gallon of claret wine 24 hours then still it in a glass still or Limbeck.

183. *For the Sinking of the Pallet.*

Take a dryed walnut and pound the same and pour therein as much aquavite as you make a little pap thereof and spred it on a little cloth or tow and aply it to the crown of the patient bind the same stiffly thereon and it imediately aweighteth the pallet but if it were descended exceedingly then add as much frankinsence as the walnut.

184. *For an Ache or Bruise.*

Take one pound of Sage one pound of rue half a pound of wormwood half a pound of bay leaves cut them small and beat them in a morter then take 3 pounds of Sheep sewit ran from the caul mince it small & put it in a morter to the herbs beat them together till the sewit be not seen and till the herbs be all of one colour then take it out of the morter and put it into a bason put into it a pottle of sallet oyle and work it with your hands into the herbs till it be all of one softness then put it into an earthen pot & cover it close so keep it 8 days then take it and seeth it in a brass pot till the strength of the herbs be boyled out then strain it through a canvas cloth and put it into a clean earthen pot and anoint the pain therewith evening and morning laying thereto a warme linnen cloth.

185. *A Poultise for the Kings Evil.*

Take a bushel of foxglove flowers the green pluckt from them and stamp them as small as possibly you can and put them into pipkin never used before and put them to 3 pound of butter never salt'd before and boyle them together a full hour and if they are boyl'd to dry put more butter to them y^{n} let it stand till tis cold & keep it for use.

186. *The Imperiall Water.*

Take bittony scabious pimpernell, dragons, Tormentill roots & all burnet leaves and knots of each 4 handfulls pick your herbs & wash or scrape your roots lay them on a clean table 3 days to wither then chop the herbs and roots together and put them in a clean earthen pan then put as much whitwine to it as will throughly wet the herbs & let it stand 24 hours close covered then distill it in an ordinary still to this water put a peck of burrage or buglos flowers 2 ounces of good methridate or Treacle and 3 penny worth of turmerick roots a quarter of a pound of liquorish a handfull of anyseeds a little saffron 4 ounces of hartshorne let it infuse 24 hours then distill it again & as much loafe Sugar into y^{e} glass to sweeten it to your taste.

187. *The Palsey Water.*

Take sage rosemary bittony flowers of each half a handfull burrage and burglass flowers and flowers of lilly of the valley of each a handfull steep these in spirit of wine muskadine or aquavite each one in their seasons till all may be had then put to them balme motherwort sage leaves, leaves of orange trees and the flowers if to be gott of each one ounce put them into the rest and as many Lavender flowers stript from the stalks as will fill a gallon glass steep all these 6 weeks or 2 months then distill them in a Limbeck then put into y^{e} water citheron peels dry'd & piony seeds of each 6 drams of cinnamon half an ounce nutmegs and mace cardimums cubibs and yellow sanders of each half an ounce lignum alloes one dram make all these into powder and put them into the distilled water and put to them Jubebs new and good half a pound, the stones taken out & cut small close the vessel very well with a double bladder let them disgest 6 weeks then strain these hard with a press & filterate the liquor and put thereunto prepared perl Smaragdis musk saffron of each 10 grains of ambergrease one scruple red roses well dry'd red and yellow sanders of each 1 ounce hang these in a sarsnet bag in y^{e} water stop it close.

188. *The Vertues of the Palsey Water.*

It is of exceeding vertue in all sounding fits in weakness of heart decay of spirrits it restores speech in apoplexies and palseys helps all pains of y^{e} joints occasioned by cold, and bruises outwardly bathed and cloths dipt in it and laid to the place it Strengtheneth all animall and natural spirits & cleareth the externall sences, Strengtheneth the memory restoreth lost appetite helpeth all weakness of the Stomach being both taken inwardly and bathed outwardly it taketh away the giddiness of the head, it helpeth the hearing, makes a pleasant breath restores the lost speech helpeth all cold, distempers of liver and the begining dropsey helps all cold diseases of the mother. in Sum none can express the vertues of this water. Take bread crums and Sugar of each a like quantity wet it very well with this water, takeing it in the morning fasting & as much at night going to bed if need is but if a fit of the dead palsey or apoplexie you must give as much every hour to restore speech.

189. *To make Veale Collops Jn^{o} Raisyes way.*

Take fat and leane veale sliced thin & well beaten with the back of a knife then lard them if you please put 2 anchoves, nutmeg grated some pepper & salt into the frying pan with your meat then frye it very leasurely in fresh butter else it will turn to oyle, when it is enough pour away the butter then take 6 yolks of eggs well beat with a little vinegar then have some fresh butter ready drawn up to pour into your eggs this being done pour it all into your frying pan upon your meat and so shake and toss and mingle it well together then put it into your dish squeezing in some juice of lemon & lay some slices over it & serve it in to be eaten while hot besure to fry the meat very leasurely else it will be hard.

190. *John Raysies Beefe Collops.*

Take fat and lean beefe slice it thin with your minceing knife chop it tender take an oynion and quarter it and some sweet herbs shred, fry your meat with the gravie that comes out of it and half a pound of fresh butter then pour off that gravie from it and let it stew in a dish for sauce then take another half pound to frye up your meat then take the meat clean out of the last butter and take out your oynions season it with some nutmegs & salt before you put in the sauce to ye meat then put in the sauce & serve it up with lemon as the foregoing was & to be eaten hot.

191. *The Lady Buttons Melancholy Water.*

Take of wall Jilly flowers 4 handfulls, of rosemary flowers 3 handfulls of Damaske Rose leaves & cowslip flowers a like quantity of burrage & bugglos flowers of each 2 handfulls a like quantity of primroses and clove Jilly flowers balme leaves and pinks of each 6 handfulls, of marygolds 2 handfulls of cinnamon grossly beaten half an ounce 2 nutmegs 3 pennyworth of english saffron 2 orange peels 4 ounces of blew figs Steep them in Sack enough to cover them, and as you add flowers add Sack when you have gotten them all together distill them in a cold still & cover them in the still with Sack & when all is drawn off you must put into your water before you use it 6 ounces of white Sugar Candie, it must be stilled with a soft fire or your water will be y^{e} smaller it is good for any heaviness of spirits & may be given to weomen in travell.

192. *The Purge for Winde.*

Take a Dram of rubarbe and half as much Sena (if easy to worke) otherwise as much of the one as the other half a spoonfull of sweet fennell seed the length of one little finger in liquorish tosed abroad a pint of white wine as much water infuse it altogether & take half a pint & dissolve in it an ounce of manna, & drink it when you have

strain'd it from the dregs, drink a small half pint & when it Grumbles about half an hour after take another half pint before you take any posset drink when it works you may drink posset as with other phisick & eat chick or hen for dinner if you like Sirrop of roses better you may exchange the manna for it and when you expect wormes change y^{e} fennell seeds for worme seed keep warme in the taking.

193. *A purge for Spleen and Winde.*

Take a quart of Sider put to it 2 ounces of the roots of pollipodiume of the oake, one ounce of feynae, one ounce of anyseeds let all these boyle gently together till half be consumed then strain it well out put to a pint a pound of sugar then put into a thin bag these spices one sliced nutmeg the like quantity of cloves and mace & a less quantity of mace & cinnamon & 4 pennyworth of saffron then let it stand simmering over ye fire 3 hours till it become a sirrop of w^{ch} you must take a large spoonfull in a quarter of pint of posset drink & drink posset drink in ye workeing.

194. *To make a Pretious Ointment for y^{e} Eyes.*

Take 4 ounces of may butter 2 ounces of vergins wax 2 scruples of Putty fully prepared 2 scruples of camphirr 4 spoonfulls of red or white rose water, melt the butter and wax & then put in all the materialls and besure to keep stirring it till it be quite cold when there is occasion to use it take a little of it & put it in the palme of your hand & when softned with your finger anoint ye outside of your eyes & temples last at night and wash them with white rose water next morning.

195. *To make Currant Wine.*

Let your fruit be very ripe and gather'd on a dry day and to every 3 pound of currants good weight with their stalks and stems on take one quart of water and one pound of sugar then put your water to your fruit and with your hand squeeze them through a hair sive then put your sugar to your juice & when it is well mingled together and the sugar dissolved then put it into a dry Sweet vessel fill your vessel quite full & let it worke a week & then stop it up and not tap it under 10 weeks then draw it out of the vessel as you drink or bottle it which you please.

196. *Mrs. Herbert a Midwife her Receipt against Miscarrying.*

Take oake buds before full blown and still them in a cold still 3 times over put on your first water on fresh buds next water on ye 3^{d} fresh buds w^{ch} will then be strong enough so keeping for use and let the woman that doubts miscarriage if at any certain time let her begin to drink this water a month before her usiall time of miscarrying and so drink it 2 months together about 5 spoonfulls every morning fasting an hour after it at any time of the day and then rest but on any fright or Longing or any other occasion whilst with child so as may give a fear of miscarrying this water may be taken at any time of the day again & thus distilled twill hold its vertues very effectually 2 years.

197. *Mr John Ashfields Re^{ct} against a Cold.*

An ounce of conserve of red roses of dyascordium the quantity of a nutmeg one spoonfull of the Sirrop of poppeys and 3 drops of the Spirrit of vitriol all these well mixt and take morn: & evening the quantity of a nutmeg fast 2 hours after it.

198. *The Black Plaister good for Sprains Aches Wens Sores new or old.*

Take 3 quarters of a pound and better of pale yellow vergins wax and a pint of Sallet oyle mingle both these together the wax being sliced thin in a fair brass bason or pan then take half a pound of the best white ledd in fine powder then take the oyle and the wax from the fire and let it coole a little then put in ye ledd leasurely and stir them together then set it over the fire and boyle it half an hour then take it from the fire and to it put 2 ounces of frankinsence and 2 ounces of mastick both finely powdered 2 ounces of mirrh 2 ounces of obliven in fine powder set your pan into another for fear it should run over when all the ingredients are in Stir it till it hath done rising, set it on the fire and let it boyle half an hour more, keep stirring it all the time then take it from the fire and put in 4 ounces of Camphire in powder then set it on again & boyle it till tis black then make it up in rowles oyleing your hands y^{e} older the better.

199. *To make Sack thin when it is Ropy.*

Take to 20 gallons of sack 1 pound & half burnt allome 2 spoonfulls of baysalt beat all this together half an hour & then put it into your vessel & so let it stand a week before you perse it.

200. *Against the Stone in y^{e} Kidneys or Bladder.*

Take oyle refined and mix with it Sugar and juice of Lemons it is said to dissolve the stone in the bladder to my Lord Savill.

201. *Dr. Butlers Powder against the Stone.*

Take nutmeg and sugar refined well beaten and mixt together so take a spoonfull of it every morning in a little quantity of white wine.

202. *For the Goute.*

Take raisons of the Sun beaten to a conserve & spread upon white soft leather laying it to y^{e} greenest place fresh and fresh as you find it dry but it need not till it be quite dry. probatum.

203. *For a Sore Throat.*

Gargle it well when you go to bed with allome posset drink and if very sore towards a quincey then lay y^{e} curds warme to your Throat. Probatum.

204. *For a Cold.*

Take a pint of milk boyle in it a large onion and at night when you go to bed take out your onion put thereto 2 or 3 spoonfulls of rosewater sweeten it either with Sugar or honey of roses & so drink it warme in your bed 3 nights together forbareing your supper those nights you take it. probatum.

205. *For the Piles inwardly.*

Take pilewort leaves and roots with the flowers of Elder buds the like quantity chopp them small and boyle them in hogs Lard till it looks green over a gentle fire then strain it and put in fresh herbs so do till it is of a very deep green strain it and keep it for your use take some mutton sewit & mix with the ointment and make it into suppositors.

206. *A Glister for the Piles inwardly.*

Make water into a warme pot & put it into a glister bag take it presently before it be cold you take one of these glisters every other day and when you do not you must use the suppositer but if you are in great pain you may use them at any time for they do not worke if you boyle pilewort in broth or grewell it will do much good, if the pain be violent take 2 quarts of scumme milk put in a good many turnips sliced and a great deal of the inner rine of Elder boyle them together 2 hours and pour it into a close stool boyleing hot and set over it as hot as you can possibly endure it this cures ye pain be it never so violent if often bath'd with it & twice a day apply'd hot to ye place.

207. *How to dry Flowers.*

Take single pinks and take ye leaves out of ye husks and cut y^{m} somewhat Long leaving some of ye white to ye leaves then put them into a flat glass wherein you have mingled half a spoonfull of Aquafortis with 12 spoonfulls of water and when the leaves have layne in the water half an hour or more take them out one by one and lay them on a paper y^{e} right side down not to touch one another and after an hour or 2 when the water is well dryed up (as it will if the paper be laide on a woollen cloth) then strow them over with fine dry sand till they be all cover'd so let them lye a fortnight in a place where the sun comes in, in which time they will be dry and stiff then take them off the fire one by one shaking off the sand and wipe them between your fingers lay them in boxes till the winter each colour by themselves and then bind them up together by the white part of the leafe that remains till they be of what bigness you please and so put them into the green husk which must be kept for them, pickt early in the year they will keep the better takeing the natural flowers out of them, rowle a little piece of paper up and fill the husk with it lay them also in sand till they be dry use no water to

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